

# Growth Mindset RESOURCE LINKS

Passionate



Painter

PODCAST

with Caroline Italia Carlson

Here's a list for great resources on developing a growth mindset and emotional agility. These are not affiliate links, just my best recommendations. If you follow the links, be sure to select the format that works best for you; I've linked to paperbacks where possible, but you may prefer a different format.

- **Mindset** by Carol Dweck
- **Buddha in the Trenches** by Dr. Steve Taubman
- **The Daily Stoic** by Ryan Holiday
- **The Obstacle is the Way** by Ryan Holiday
- **Better than Before** by Gretchen Rubin
- **Rookie Smarts** by Liz Wiseman
- **The Practicing Mind** by Thomas M. Sterner
- **Habit Stacking** by S.J. Scott and Greg Zarccone
- **Rising Strong** by Brené Brown
- **The Power of Vulnerability** by Brené Brown
- **Daring Greatly** by Brené Brown
- **What Got You Here Won't Get You There** by Marshal Goldsmith, Mark Reiter
- **There's No Plan B for Your A-Game: Be the Best in the World at What You Do** by Bo Eason
- **Boundary Boss** by Terri Cole
- **The Five Elements of Effective Thinking** by Edward B. Burger, Michael Starbird
- **Believe It** by Jamie Kern Lima
- **Everything is Figureoutable** by Marie Forleo
- **Emotional Agility** by Susan David